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Habit Building Planner Paperback

Vinicius Souza Costa

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Williams,2019-09-19 This habit tracker 30 day challenge can be used to keep track of your daily habits on a monthly basis to help improve your habits and achieve your goals in life When you start actively observing and working towards building healthy daily habits and routines you will be able to identify areas in your day to day life that you need to work on This habit planner is perfect for individuals that need to create new daily habits and for those that need to stick to healthy routines The Book Contains 118 30 day challenge habit tracking pages and space to write notes Matte paperback cover Size at 8 5 x 11 in 21 59 x 27 94 cm

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